*Play Outside*: At the moment, social distancing is extremely important.  However, lots of parks and large recreational areas are still open which means we can get out for a walk or a cycle.  Alternatively, go outside to your garden and play there.  Perhaps you could challenge your child to complete one of the activities below:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Make leaf rubbings | Make a skeleton with sticks | Find 5 mini-beasts | Leave bread crumbs for birds | Play tag or tip the can | Sketch a tree and its roots |
| Have a silent sound walk | Build tall stone stacks | Sketch wildflowers | Make a fairy fort | Have a woollies and wellies walk | Make bark rubbings |
| Take photos | Dig holes | Sketch clouds | Make mud pies | Walk barefoot | Hug a tree |
| Make pictures with leaves, twigs and stones | Collect items listed in a scavenger hunt | Collect sets of items or go on a maths trail | Find 5 different types of birds | Put a sheet under a tree and shake the tree.  What do you find? | Collect and press wildflowers |

For PE there are a number of great websites that you could use for your child to get exercise while having fun too.

Comis Kids Yoga:    <https://www.youtube.com/user/CosmicKidsYoga>

Follow the activities on one of RTEjr’s 10@10 episodes:   <https://rtejr.rte.ie/10at10/>

Joe Wicks Kids Workout:    <https://www.youtube.com/watch?v=EXt2jLRlaf8>

For Dance and mindfulness activities:  Gonoodle:    <https://app.gonoodle.com/>